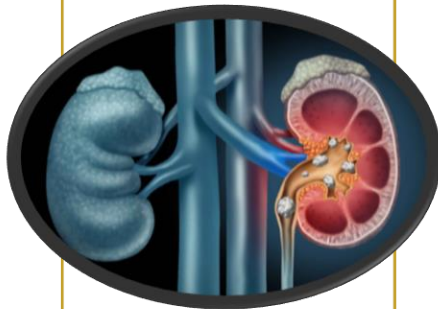




جامعة الإمام عبد الرحمن بن فيصل
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Chronic Kidney Disease and Oral Health

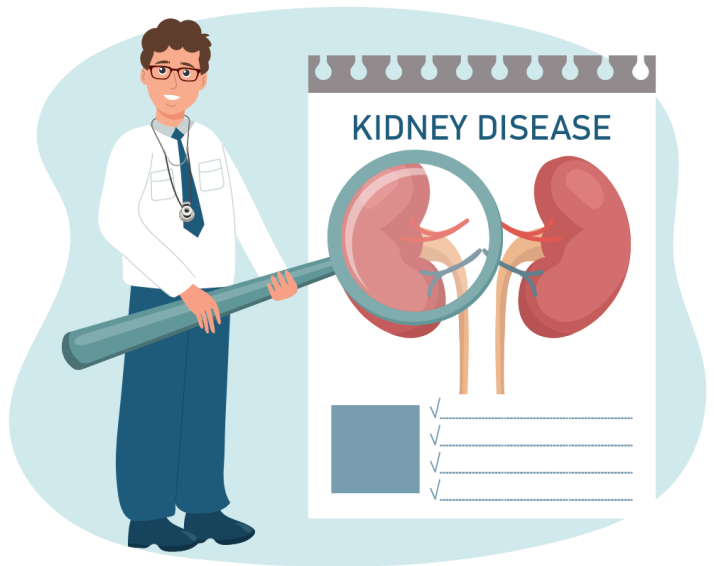


What is chronic kidney disease (CKD)?

Chronic kidney disease (CKD) is a long-term health condition in which the kidneys are damaged or stop performing altogether. This condition is often associated with age or other chronic diseases, such as diabetes or high blood pressure.

What are the symptoms of kidney failure in the early stages?

When kidney function is reduced, the body typically manages without any noticeable symptoms.



What are the symptoms of advanced kidney failure?

General symptoms:

Weight loss



Fatigue and exhaustion



Difficulty sleeping



Itching



What are the symptoms of advanced kidney failure?

Physical symptoms:

Shortness of breath



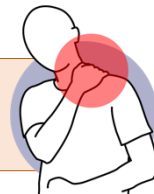
Blood in the urine



Urgent need to urinate



Muscle spasm



Swollen ankles, feet & hands



What are the symptoms of advanced kidney failure?

Psychiatric symptoms:

Feeling sick



Headaches



Note:

- Symptoms may vary from person to person.
- It is important to consult a doctor as soon as any of these symptoms appear.

What are the risk factors for chronic kidney disease?

Diseases affecting the kidneys:

Hypertension

Diabetes

Recurrent urinary tract

Hepatitis

Cardiovascular diseases

Kidney stones

Enlarged prostate

SLE

What are the risk factors for chronic kidney disease?

Genetic factors:

- ❖ The risk of infection is increased in families with a history of chronic renal disease.
- ❖ Hereditary kidney disease.

Other factors:

- ❖ Protein or blood in the urine: this could indicate damage to the kidneys.
- ❖ Using certain medicines: like omeprazole, lithium, or non-steroidal anti-inflammatory drugs (NSAIDs).



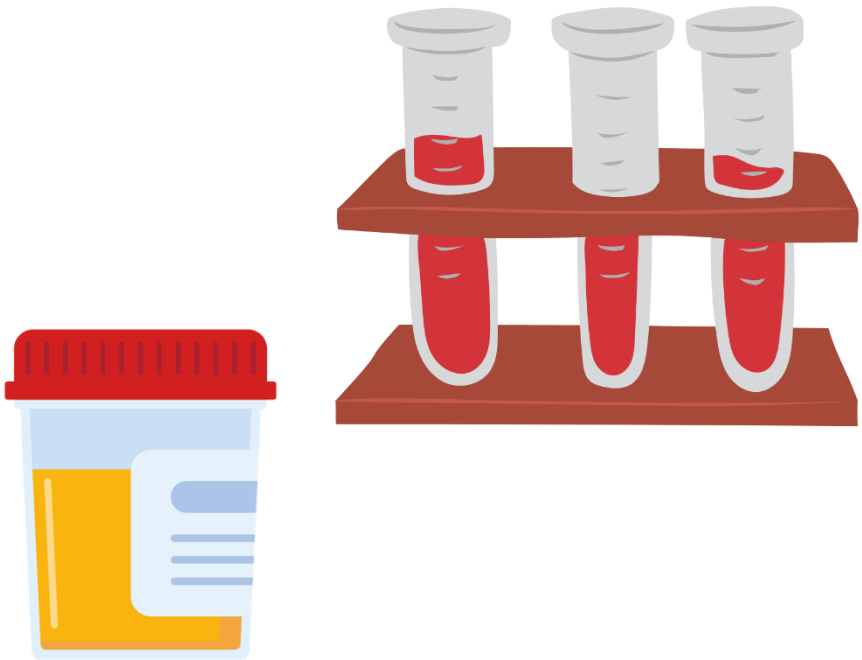
Note:

- ❖ Having one single risk factor does not necessarily mean chronic kidney disease.
- ❖ By managing risk factors, the possibility of developing chronic renal disease can be decreased.

How is chronic kidney disease diagnosed?

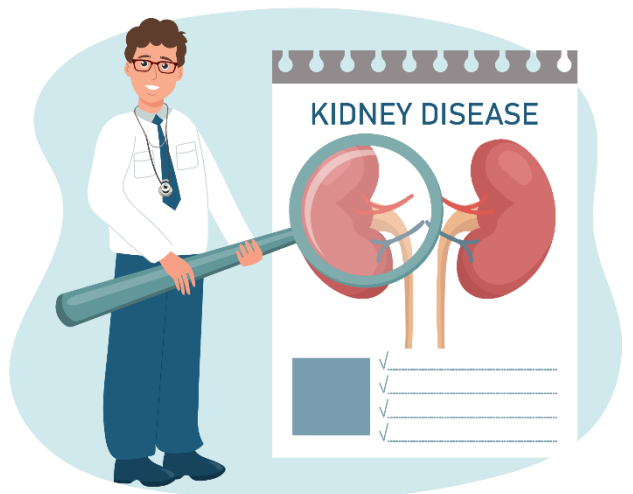
It is done by examinations such as:

- ❖ Blood test: to measure kidney function, such as creatinine and urea.
- ❖ Urinalysis: to look for signs of kidney damage, such as protein, blood, creatinine and albumin.



How can I protect myself from chronic kidney disease?

- ❖ Follow a healthy diet.
- ❖ Exercise regularly.
- ❖ Drink enough water.
- ❖ Avoid smoking.
- ❖ Control the level of blood pressure.
- ❖ Control the level of sugar in the blood.
- ❖ Treat urinary tract infections.
- ❖ Consult your doctor about whether you need kidney tests.
- ❖ Have kidney tests on a regular basis if you are at risk.



How can chronic kidney disease affect oral health?

- ❖ Tooth decay
- ❖ Periodontal disease
- ❖ Dry mouth
- ❖ Osteoporosis and therefore jaw pain



How can I avoid oral and dental problems associated with chronic kidney disease?

- ❖ First: Oral and dental hygiene care
- ❖ Second: Follow a healthy diet
- ❖ Third: Control of chronic kidney disease
- ❖ Fourth: Treatment of oral and dental symptoms



How can I avoid oral and dental problems associated with chronic kidney disease?



Note:

If any symptoms such as dry mouth, mouth ulcers or bad breath appear, you should consult your doctor or dentist to receive appropriate treatment, also:

- ❖ Quit smoking
- ❖ Reduce alcohol intake



Sources and references:

The official website of the Saudi Ministry of Health

Audit and Auditing:

The content of this booklet has been reviewed by the College of Dentistry at Imam Abdulrahman bin Faisal University.

Dentistry College

Health Awareness Unit

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